

The building blocks of financial stability

Financial Coaching:

A form of financial empowerment support that offers a relationship-based approach to encourage goal-setting and self-accountability.

Financial Capability:

Being able to take effective action to pursue financial stability and weather downturns.



Financial Literacy:

A person's knowledge about his/her own personal finances.

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Financial Empowerment:

Providing support to increase the capability of clients to make informed choices and encourage them to take action toward their own financial goals.

Financial Stability:

Having enough resources to pay for food, healthcare, housing and other basic needs, navigate short term crises, and begin to build personal assets.



Financial Education:

The activities that lead to an increased understanding of financial and personal tools, resources, and services.

Asset Building:

A process of accumulating, developing, and preserving financial, human, and social resources to increase the economic stability of individuals, families, and the community.